

Welcome to the next instalment of Your V-Drums where Ben Stone will be taking you through practice routines, hints and tips, and how to get the most from your powerful Roland TD-3KV kit...

## Quick tour of TD-3KV

### Two CY-8 Dual-Trigger Cymbal Pads

Dual-trigger and chokable swinging-motion cymbal pads for more realistic playing experience.

### Three PD-8 Dual-Trigger pad for toms

Three dual-trigger toms, again allowing for two different types of sound to be played, for instance rim-shots.

### Mesh snare - PD-85BK V-Pad

8-inch mesh snare which also supports rimshots, for added expressiveness while playing. No other electronic kit has this as standard.

### MDS-3C Drum Stand

Lightweight, tough and compact, the stand can quickly fold away for storage or transport to gigs. The kit also comes with a convenient cable harness with labels for simple, speedy setup.

\* Kick drum pedal not included. Connection cables not shown for photography.

### KD-8 Kick Trigger Pad

Vertical kick pad which is compatible with double-pedal systems.

### TD-3 Percussion Sound Module

High-quality TD-3 brain with Rhythm Coach exercises to help you become a better drummer. The brain contains 114 high-quality sounds spread over 32 drum kits. Ambience and

compression effects are also provided which deliver sound with more presence than other electronic kits. A mix-Input allows connection of CD/MP3 players, making the TD-3K the ideal jamming kit.

### Double bass drum pedal (optional)

The TD-3KV can also accept double bass pedal systems (not included.)

### FD-8 Hi-hat Control Pedal

Combines with the fourth PD-8 pad for opening and closing hi-hats.



In this issue, I'll not only be looking at another exercise to add to your warm-up routine, but also, in conjunction with the TD-3's Enhanced Rhythm Coach, some foot warm-ups and exercises to help develop control and speed.

I often hear the words "What, you mean I need to warm up my feet as well as my hands?" Yes, that's right people, feet are as important on the drum set as hands.

## On your marks

By now, you will have your TD-3KV set up in the way you like it and all the pads in a comfortable position. This is important for being relaxed, but it's also important as it ultimately affects your seating position. If you have worked through the last issue, you'll have experimented with your seating position and found a seat height that suits you. So, with your body relaxed and your back straight, you can now begin to play through the warm-up exercises featured in the last issue.

## Heel up or down? That is the question

The kick drum is the drum which keeps time in most music styles. It's usually played on beats one and three of a common-time rock rhythm, so it's important to have the correct technique and to be as accurate as possible. There are a few easy foot techniques that can be used to get a certain feel or dynamic on the kick drum.

### TIP:

Before practising, try some light stretches to relax your upper body and legs. It's vital to be loose, but don't over-stretch because this can be dangerous.

Here are the basics...

### a) Heel-up technique

'Heel-up' or 'running' strokes use the ball of the foot as the main area of contact with the pedal. Most of the force in this technique comes from the thigh and a little from the tibialis anterior muscle, located at the front of the lower leg just below the

knee. This kind of technique is used by many drummers because of the amount of sonic power generated.

### b) Heel-down technique

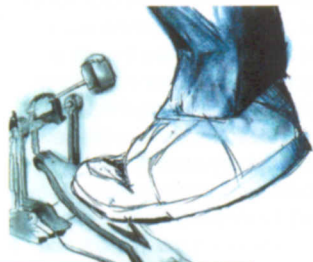
The 'heel-down' approach allows for a little more control because the entire foot is in contact with the bass drum footplate on the bass drum pedal. All the strength here comes from the lower leg muscles and the ankle. This technique may take a little longer to master because of the strength needed in order to get the same amount of power obtainable from the 'heel-up' method.

There is another approach worth mentioning – the 'heel-toe' technique. This is a combination of heel-up and heel-down in the same stroke. First, the foot needs to be pushed towards the chain or cam >>>

Ben Stone



Illustrations: Nick Miller



a) Heel-up technique



b) Heel-down technique



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>>> of the pedal, in order for the foot to sit further up on the footplate, but not touching the chain. The first stroke starts in the 'heel-up' position (see diagram a on the previous page), then bring the heel down for the first beat by stomping it onto the back part of the footplate (see diagram b on the previous page). The next beat is played with the ball of the foot, which is effectively the 'heel-up' position again. The heel should then be in the ready position to start the same cycle again. Using this approach, speed and control is achievable if you practise to perfect the technique.

Try using a combination of heel-up for the powerful kick patterns and heel-down for the quieter, more controlled patterns. I find this works for me.

## Bring on the bass

Once you've decided which kind of foot technique you'll be using, it's time for some foot warm-up exercises.

Set the TD-3's metronome to an appropriate tempo by pressing TEMPO. Use the plus and minus buttons to change the tempo from 120 to 70bpm and press the CLICK button to start/stop. 70bpm may feel slow but, as always, accuracy is more important than speed right now and it's important to feel comfortable with the exercises before moving to a faster tempo.

Let's select Kit 12. This kit has a real solid kick sound, which is ideal for these exercises. Simply

press DRUM KIT then plus or minus buttons until you get 12 in the display.

Now you've selected the kit sound, activate the click and proceed to play through exercise five, which is a basic one-and-three kick pattern, followed by a little teaser played on two and four. Bass drum patterns within a 4/4 rock rhythm would not normally land on the two and four, because this is where the snare tends to play. Play through the exercise, paying close attention

to the right and left foot markers each time you repeat.

If you play two bass drums, use the second bass drum on the left foot. For all you single bass players, use the hi-hat pedal as a replacement for the bass drum.

Once you're comfortable with exercise five, move on to exercise six which is a simple single-stroke roll, one beat on each foot – right, left, right, left, etc. Watch out for the little turn around on the repeat because the left foot will be leading the second time around (a little awkward the first few times).

OK, the last warm-up exercise for the feet is exercise seven. This little beauty is quite repetitive, so it will give you a chance to develop your continuity. Pay close attention to the dynamic for each foot from beat to beat and check the left foot is the same volume as the right, etc. When you feel comfortable with this exercise, switch to using the TD-3's Rhythm Coach to improve your accuracy.

## TIP:

Always take some time to check your posture before you begin an exercise.

## A matter of timing

Press Rhythm Coach until 'tch' is displayed on the screen. Check the tempo is at a nice slow speed, something like 70 or 80bpm, then press the Click button and work through exercise seven, this time paying attention to the TD-3's display. The aim with the Time Check program is to be as accurate as possible and, by using the on-screen indicator, you can judge exactly where you're going wrong. If you're playing behind the beat, you'll notice a mark just left of centre on the screen. If you're playing in front of the beat, you'll notice a mark to the right of centre. How much behind or ahead of the beat you play will determine how far left or right the mark appears. If you're on the money, a zero will appear in the centre of the display. The more zeros the better!

If you've breezed through exercise seven, you might want to try a combination of singles, doubles and triplets, also known as exercise eight. Exercise eight can feel a little awkward at times, but if the tempo is nice and slow and your posture is well-balanced,



a few times around should do the trick. Once you're comfortable with this exercise, follow the Rhythm Coach Exercise tch and try testing your accuracy.

### Expanding your warm-up

As promised in the last issue, here's the next little rudiment to add to your warm-ups. Exercise nine is a four-stroke roll that's four groups of four semi-quavers, each group being played on the left or the right hand. 1234, 2234, 3234 and so on. This exercise is great for hands, but can also be adopted for the feet, although it may take a little time to develop the speed with the feet.

If you're still in Rhythm Coach mode, exit this mode by pressing the Drum Kit button and activate the Click to begin exercise nine.

Next, try taking exercise nine around the drum set, playing one set of semi-quavers on the snare, the next on a tom and so on. There are many ways to make one pattern sound very different, depending on the drum or drums played, so why not try different movements around the TD-3K using the same sticking and see how many variations you can come up with?

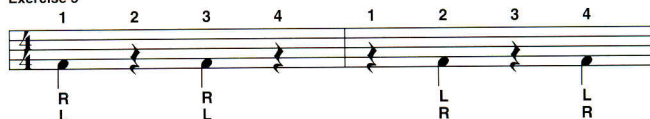
### Rhythm of life!

Having looked at warm-ups for both feet and hands, it's time to put these exercises into practice. Exercise ten is one of the more commonly used rhythms for pop or rock songs. The hi-hat part is the same count as the double-stroke roll, but played on the one hand – either left or right. The bass drum is played on the common first and third beats, while the snare fills in the gaps on two and four. I've added a slight variation on bar four, which makes this groove sound really rocky. This also helps change the dynamic of what is essentially a straightforward rock rhythm.

As we all know, practice can get boring if you do the same things over and over. If you find yourself losing momentum, switch to a new program on the Rhythm Coach or maybe use the Mix Input to plug your CD/mp3 player in and just rock out for a bit.

Thanks for sticking around. Until the next time, happy bengin'! ■

#### Exercise 5



#### Exercise 6 - (Single Stroke Roll)



#### Exercise 7 - (Time Check - Rhythm Coach)



#### Exercise 8 - (Time Check - Rhythm Coach)



#### Exercise 9 - (4 Stroke Roll)



#### Exercise 10 - (Rock Rhythm)

